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HOW TO AVOID PNEUMONIA.

Talks on Health and Hygiene by Daniel G. Dixon, M. D., LL. D., Commissioner of Health.

There is a great variety of lung infections called pneumonias. Some precede the true infectious pneumonia which are caused by microscopic organisms.

Other lung congestion or pneumonia is predisposed by the use of alcoholic drinks. This never occurs with those who are educated, because it is known by them that an excess of anything is injurious and does harm to the physical and mental development of man.

Inhalation of irritating substances breathed into the lungs causes a serious form of pneumonia. The infection of the respiratory tract is often followed by true pneumonia.

There also have catarrhal or bronchial pneumonia. Trauma of the lungs followed by a bacterial infection is caused by a blow over the area occupied by the lungs. The embolic form is caused by an obstruction in the vessels of the lungs, while the pyemic congestion is caused by bacteria filling up with fluid in the lungs, who are old and weak, may end in an infectious pneumonia.

There are many other forms of pneumonia which are often contracted within themselves yet do not take on a definite true pneumonia.

A lesson much needed at this time of the year when the rate from these various pneumonias is leaping away above the normal level is how to avoid different congestions of the lungs.

Should avoid the excessive use of all alcoholic drinks. Get fresh air at every opportunity, but keep the body comfortably warm at all times.

In civilized life should keep the feet warm and dry. Avoid well to avoid an excess in the use of foodstuffs as they are apt to set up a catarrhal condition which may predispose to pneumonia.

A habit of living should be maintained which allows a normal number of hours for sleep and responding to the demands of nature.

Should avoid crowded rooms and use of public places for transportation. A smaller number of people in a poorly ventilated room increases in proportion the amount of contracting influenza virus called "colds."

Modern hot water or steam baths without any provision for the introduction of fresh air soon renders the human system highly susceptible to pneumonia.

Should never over exercise and must during the physical exertion during the physical exertion.

At the present day, it is carried to great excess and atmospheres and with the result become a habit of eating and drinking when the entire system is demanding a free circulation of blood that cannot be obtained by the digestion necessary to prepare the food for assimilation. This produces a fermentation or chemical process which develops toxins which deplete the heart and interfere with the circulation and increases the frequency of congestions which are characteristic of pneumonia.

At this season when the temperature varies greatly, a well balanced diet of meat or eggs, starchy foods should be kept up to produce sufficient heat to maintain normal thermal changes.

Do not take drugs excepting on a doctor's advice as they do much harm. For instance, headache tablets and other drugs would interfere with the circulation, reduce the resistance of the body's system and more susceptible to pneumonia.

When sick enough for drugs it is time to call in a doctor.

Avoid coming in contact with infectious pneumonia. Keep children away from measles and all other contagious and infectious diseases. Of all things avoid taking narcotics of any kind.

Harmless Home Invasion.

The home of Mr. and Mrs. Robert Ross Hann, near Saluvia, was invaded last Friday evening and these good people probably got the greatest surprise of their lives. Their recently married son Carl Hann and his bride were spending a few days in the parental home before assuming the duties of housekeeping in their own home about 1 1/2 mile east of Laidig. Whether it was St. Patrick who traditions say, did so much good for Auld Ireland, that put it into the heads of a whole lot of their neighbors to invade home and overwhelm Carl and his bride with a great "Kitchen Shower" we can't tell; but be it as it may, Carl and his wife were the recipients of almost everything imaginable belonging to a kitchen. And the beauty of it was that scarcely was there a duplication among all the presents—so nicely had it been planned. But Mr. R. R. Hann and his good wife were equal to the occasion and they prepared a supper for the crowd—and such a feast of good things as it was!—fresh oysters, chicken, &c. It will be a miracle if the whole crowd do not lose their finger nails and toe nails from founder. Those present were: Mrs. Emory Hessler and daughter Marion and son Harold, Mrs. Elton Price and son Walker, Mrs. Berte Erb, Mrs. Edwin Deshong and son Elliott, Mr. and Mrs. Ira Lake and two sons Woodrow and Walter, A. J. Sipes and two daughters Goldie and Mildred, Mr. and Mrs. Clem Sipes and daughter Bertha, Mrs. James E. Mellott and son Luther, P. B. Foreman and wife, Mrs. Berte Hann, Roy Laidig and wife, John Mamma and wife and foster-son Fritz, Ray Decker and sister Clara, Mrs. Bessie Sharpe, Mr. and Mrs. Edgar Hann and children Viola and Omert, Mr. Franks Mr. and Mrs. W. E. Bair and daughter Nela and son Max, besides the guests of honor: R. R. Hann and wife and daughter Pauline, and Mr. and Mrs. Carl Hann.

One Who Was There.

Home Safe.

The NEWS told last week that Dr. Humphreys and family (Mrs. Humphreys being formerly Miss Maude Baumgardner) had arrived in San Francisco after a long journey from their home in West China, including a trip across the Pacific ocean.

The journey was completed by Mrs. Humphreys and her two interesting children when they arrived last Friday at the home of Mrs. Humphreys' parents, Mr. and Mrs. W. H. Baumgardner at Wells Tannery, after an absence of seven years. Dr. Humphreys, who was detained in California to attend to work connected with his field in China, is expected to join his family in a few days.

The ladies of the Presbyterian church at Wells Tannery, assisted by the "Light Bearers," gave a most interesting reception in honor of the returned missionaries on last Saturday.

Fulton County who knew Mrs. Humphreys as an active County Sunday School Worker, before she went to China, joins now in extending a "welcome home."

Successful Operation

Mrs. Ahimaaz Clevenger underwent a double operation in the Chambersburg hospital last Saturday morning—one for gall stones and one for appendicitis. She came out from under the influence of the anaesthetics in fine shape and will be able to come home before so very long.

For drugs it is time to call in a doctor.

Avoid coming in contact with infectious pneumonia. Keep children away from measles and all other contagious and infectious diseases. Of all things avoid taking narcotics of any kind.

RECORD OF DEATHS.

Short Sketches of the Lives of Persons Who Have Recently Passed Away.

GEORGE M. BENDER.

A telegram received Monday morning brought the sad intelligence that George M. Bender had died at his home in Pearl City, Ill., on the day preceding. His sister Ada, Mrs. George H. Unger, of Ayr township, left in the afternoon of the same day to attend the funeral.

George M. Bender was a son of our townsman, Veteran Samuel Bender by his first wife Lizzie Humbert, and he was born March 7, 1862; hence he was aged 55 years and 11 days. George grew to young manhood in McConnellsburg and then went to Illinois. About 26 years ago he was married to Miss Maggie Amended, who survives. For several years George had been successfully engaged in the poultry business; but rheumatism and brights disease undermined his health and his death was not entirely unexpected.

He is survived by his father and stepmother; by two sisters, Henrietta, residing in Ogle county, Ill., and Ada, wife of Geo. H. Unger, this county and by two half-brothers: Thomas Bender, New Bloomfield, Pa., an Ed Lexington, N. C.

MRS. ELIZABETH McELDOWNY.

Mrs. Elizabeth Motter McEldowny, widow of William McEldowny, died at the home of her son-in-law and daughter Corder W. and Olive Snyder, at noon, Sunday, March 18, 1917, aged about 70 years. A few weeks ago Mrs. McEldowny had an attack of grippe but had pretty well recovered when on Thursday of last week she had a stroke of paralysis and remained practically unconscious until the end came.

The funeral took place from her old home on Tuesday and interment was made in the cemetery at the Big Cove Tannery Lutheran church, the funeral services being conducted by Rev. J. C. Garland, of the Brethren church. The deceased is survived by two sons and four daughters: William, Belfast township; George, McConnellsburg; Elsie, wife of Job Harr, Big Cove Tannery; Miss Maye, Mercersburg; Olive, wife of Corder W. Snyder Belfast township; Edith, wife of Earl Morton, McConnellsburg. Mrs. McEldowny was a devoted mother, a kind neighbor and enjoyed the esteem of a large circle of friends.

MRS. DENEEN.

After an illness of three months Mrs. Anna Elizabeth Deneen died at the home of her daughter Mrs. Ludwig Fischer, in Buck Valley, on Wednesday, March 7. Mrs. Deneen wife of the late George M. Deneen, has lived her three score years and ten in that valley, being 76 years, 9 months and 3 days old.

She is survived by the following children: Isabel Fischer, Buck Valley; Adaline Stoner, Hancock, Md.; Harry Deneen, Lashley; Albert Deneen, Needmore; Calvin Deneen, Hancock, Md.; Ida Correll, New York; Theodore Deneen, Boston Mass. Also 49 grandchildren and 13 great grand-children survive her.

MRS. R. M. COOPER.

Lena Virginia, wife of Robert M. Cooper, aged 27 years, 7 months, and 4 days, died in Altoona, of a complication of diseases on Saturday, March 17, 1917, after a protracted illness. Her remains were shipped in a metallic casket to Fort Loudon whence it was taken last Sunday to the home of Mrs. Cooper's parents, Mr. and Mrs. Cornelius Crouse at Webster Mills, at which place the funeral took place Monday and interment was made in Union cemetery. The funeral services were conducted by the Rev. C. F. Jacobs, of the Luther-

Is God Your Friend? Then Visit His Home. Go to Church.



WATCH the long line of people entering church on Sunday. Isn't it a fact that they are really the worth while people in the community? If you are a business man, don't you prefer dealing with a man who is a CONSISTENT CHURCHGOER rather than with a man who never goes to church? You wouldn't hesitate to INVITE ANY AND ALL OF THESE PEOPLE entering church to your home.

A MAN WHO GOES TO CHURCH CANNOT GO WRONG VERY LONG. A COMMON EXPRESSION IS THAT SOME PEOPLE GO TO CHURCH TO KEEP UP APPEARANCES. THAT MAY BE TRUE. BUT THE FACT THAT A MAN WANTS THE COMMUNITY IN WHICH HE LIVES TO THINK THAT HE IS GOOD AND GOD FEARING SHOWS THAT HE WANTS TO BE GOOD. HE WANTS TO ENJOY THE RESPECT OF HIS FELLOWS. WHILE THERE MAY BE SOME HYPOCRITES IN THE CHURCH, IT IS NO EXAGGERATION TO STATE THAT THE GREAT MAJORITY OF CHURCHGOERS ARE HONEST, UPRIGHT CITIZENS.

There is something basically wrong with a man who, while professing a belief in a Supreme Being, fails to take the opportunity the church affords to WORSHIP THAT SUPREME BEING. If you have a dear friend and you pass his house every day without dropping in to see him, you would not blame that man for DOUBTING THE SINCERITY of your friendship.

Do you wish God to DOUBT YOUR FRIENDSHIP? Do you want to LOSE HIM AS A FRIEND. If you don't, drop into his house AT LEAST ONCE A WEEK.

Show that you are sincere in your belief in God by GOING TO CHURCH next Sunday.

THEN GO TO CHURCH EVERY SUNDAY.

an Church, McConnellsburg.

Lena was united in marriage with Robert M. Cooper, of Ayr township, June 10, 1911, and they have resided in Altoona for some time. Mrs. Cooper was a faithful and consistent member of the Lutheran church for about twelve years, and bore her afflictions with Christian fortitude and patience.

She is survived by her parents, two brothers—Guy and Ellsworth and one sister Eva—all at home; and by one sister, Zella, in Altoona.

GEORGE McCULLOUGH.

George McCullough a veteran of the Civil War, and one of Bethel township's respected citizens, died at his home near Black Oak Ridge on Monday, March 12, 1917 aged about 78 years. The funeral took place on Wednesday following and interment was made in the cemetery at the Tonoeway Baptist church. He is survived by his wife (Harriet Bishop) and by one son and three daughters: Edward, Oddie, Dollie and a younger sister.

JOHN R. PAYLOR.

John R. Paylor, one of Thompson township's oldest citizens, passed away at his home on Friday of last week aged about 84 years. His funeral services conducted by Eld. C. L. Funk of the Primitive Baptist church took place last Sunday and his remains were laid to rest in the cemetery at Antioch church on Timber Ridge. He is survived by his wife and by two daughters Sarah and Matilda both at home.

Have a Town Meeting.

While the NEWS is glad to open its columns to citizens for the discussion of public questions, there must necessarily be a limit to this privilege. Last week the NEWS very cheerfully allowed an open letter from the Burgess giving his reasons why the electric light proposition should be defeated. This week, Taxpayer, is given space just as cheerfully to present the other side of the question.

What would be more satisfactory and enlightening to the citizens of McConnellsburg, would be a Town Meeting in the Court House or other public room where the citizens of the town could meet and thresh the matter out in open debate. Those who are not able to talk, would be glad to listen to those who would lay the matter fairly before them, and answer such questions as might be asked by those seeking information.

Easter Finery.

Officers of the Chicago Christian Endeavor Union are opposing the custom of displaying new smart clothes on Easter day. The Easter hat has often seemed an incongruous element in the celebration of the Resurrection of Jesus. Still it may be no more incongruous than many other aspects of our human nature.

The whole question of dress is a many sided one. If some people had less seasoned consciences they would not spend so much money on their fine feathers. To throw around money lavishly for swell millinery and dress making when that same money would feed starving Belgian children or would help families in misfortune in our country, shows a vain heart and empty brain.

It is said in defense of course, that all this style parade makes work for trades depending on this kind of employment. Yet if some of this money were given to charity, it would also go to useful labor.

If people have fine clothes, it may well be doubtful if the wearing of them to church keeps anyone away. What discourages the poor is not swell clothes, but the fact that they may creep into a church and out again many times without anyone noticing them. Poor people enjoy seeing a display of fine feathers as well as anyone else, and the chances are that the style parade of Easter Day encourages a lot of indifferent people to turn out to see the show. Those who come to scoff may remain to pray. Those who come to see mere display may find their hearts touched by some unexpected message.

Parent-Teachers Meeting

The following is the program for the Parent-Teachers Meeting to be held in the school auditorium, March 30, 1917. Devotional Exercises—Rev. Jackson. Song—America. Girls Chorus. Recitation—Ethel Truax. Piano Solo—Margaret Jacobs. Question—Should the first two schools of McConnellsburg have an additional teacher; if so, should the third teacher act in the capacity of an assistant, or would you recommend a separate room?—Supt. Thomas and Ex-Supt. Lamberson. General discussion.

Grover R. Peck and family, who during the past year have been living on Grover's sister's farm in Dublin township, moved on Monday to the Coldsmith farm near Williamson, Franklin county.

Pennsylvania Average Production Better than Nation's.

In every major farm crop, excepting potatoes, the Pennsylvania farmers excelled the general average yield to the acre obtained by the farmers of this country.

The United States figures of crop production show that the average yield of potatoes to the acre for 1916 was 80.4 bushels while the average shown by the figures of the Pennsylvania Department of Agriculture show an average yield in this State of but 70 bushels to an acre. The average last year was low for Pennsylvania but the average for the entire country was also reduced from 96.3 bushels to an acre in 1915.

Pennsylvania ranked third in the total production of potatoes and the 265,200 acres harvested represented 7.47 per cent. of the total acreage of 3,550,000 devoted to potatoes. The yield represented 6.5 per cent. of the entire yield of the country.

It is in the raising of buckwheat that the Keystone State can shine. Although the year was a poor one for the buckwheat crop, Pennsylvania easily retained its place as first among the buckwheat growing States. The 279,970 acres devoted to buckwheat represent 33.13 per cent. of the 745,000 acres planted to buckwheat in this country and the yield represented 37.84 per cent. of the entire crop of the country. The average yield for an acre in the State was 16 bushels compared to 14 bushels for the entire country.

The Pennsylvania average of wheat to an acre was 18.8 bushels against a general average of 13.8 bushels. The average of the State was 3.83 per cent. of the total acreage of the country but the yield represented 5.20 per cent. of the total yield for this country, thus showing that over one twentieth of the wheat grown in the United States comes from Pennsylvania.

Pennsylvania farmers averaged 37 bushels to an acre for corn against the national yield of 24.4 bushels and the average devoted to corn in the State was 1.38 per cent. of the total acreage. The total yield of the State represented 2.09 per cent. of the country's crop.

Almost ten per cent. of the rye grown in the United States comes from Pennsylvania and is raised on an acreage representing 9 per cent. of the total acreage. The yield for the State per acre is 16.9 bushels as compared with the national average yield of 15.3 bushels to an acre.

The oats figures show that Pennsylvania devotes 2.53 per cent. of the total acreage and that the crop represents 2.60 per cent. of the total crop. The State average yield per acre is 31 bushels to an acre against a yield of 30.1 bushels for the country.

The acreage for hay is 5.81 per cent. of the total and the yield is 5.83 per cent. of the total yield of the United States. The State average yield is just a slight fraction above the country's average yield of 1.64 tons to an acre.

Dried Apples

Merchant Geo. W. Hays last week shipped to Philadelphia more than half a ton of dried apples (schnitz) that he had taken in exchange for store goods from rural customers. In speaking of the shipment, Mr. Hays said that the quantity of sun dried fruit produced in this country is very small now compared with that of a quarter of a century ago.

Before the European war, Germany afforded a good market for that kind of produce; but at this time, the large asylums and penal institutions of our own country are depended upon to absorb the output. The price paid by Mr. Hays for the dried apples ran from three cents a pound early in the season to five cents as the season advanced.

SALVIA SUMMARIZINGS.

More Measles. Big Hawk Makes Savage Attack on Little Dog.

Hawk Killed.

Henry Rinard, an aged and very highly respected citizen died at his home near Breezewood, Bedford county last Friday of pneumonia. The funeral was held Tuesday.

The three children of John Adam Deshong, near Andover, are reported to have measles. It is said there are other cases in the neighborhood. It is said that all of Brad Mason's children have measles, and part of Ellsworth Batdorff's family.

Last Sunday the Asbury M. E. Sabbath School reorganized and nominated the following officers: Superintendent, John Deshong; assistant superintendent, Russell Fix—both subject to the confirmation of the District Superintendent. Russell Deshong was elected secretary; Miss Marion Hessler, assistant secretary; R. R. Hann, treasurer. Sunday School announced for next Sunday at 9:30.

Rev. E. J. Croft preached a very practical and earnest discourse to a large (for such a stormy night) and attentive audience last Sunday evening at Asbury. On Tuesday, he started for the Annual Conference at Lewistown, Pa. Rev. Croft has been with and served, the churches and people of Harrisonville Circuit for four years with remarkable patience, perseverance, fortitude, regularity and ability.

Lincoln I. Deshong seems to be gradually growing weaker; but is cheerfully putting in the days at piecing and quilting.

Mr. and Mrs. A. O. Barton, of Akerville, spent part of last week visiting their son Elton Barton, wife, and first grand-daughter Lois Albert. They also visited Lincoln I. Deshong and family, and attended services at Asbury last Sunday.

One day last week Aaron C. Deshong was cutting wood in a piece of timberland, when a big hawk swooped down upon his little dog. The dog put up a brave fight, but he was no match for the savage hawk with great bill and sharp claws. Mr. Deshong ran to the rescue of the dog and killed the hawk with his axe. The hawk measured 3 feet 8 inches from tip to tip of wings. He did not weigh it, but it seems to be a monster bird in weight and savageness. A near neighbor, Mr. Geo. S. Mellott thought the attack of such rare occurrence that it ought to be reported to the Fulton county papers.

JAS. A. STEWART.

Fritz-McKee

Thursday, March 8 a very pretty wedding took place at the home of Mrs. Malinda McKee, near Millstone, Md., when her daughter, Frances Zillah Ann and John Roy Fritz were united in marriage. Rev. T. M. Dickey of the Methodist Episcopal church performed the ceremony and Roy Daniels, cousin of the bride, played the wedding march. After the ceremony a splendid dinner was served to the following guests: Mrs. Malinda McKee, Mrs. Florence Spencer, Mr. and Mrs. Austin McKee, Mr. and Mrs. Walter McCulloh, Mr. and Mrs. Dennis Morgret, Mr. and Mrs. Riley Daniels, Mr. and Mrs. Wm Hoke, Mr. and Mrs. Jere Mason, Mr. and Mrs. Roy Daniels, Mr. and Mrs. Ross Murray, Mr. and Mrs. Jere McCulloh, Mr. and Mrs. Meritt Fritz, Lou Creager, Annie Winger, Minnie Weller, Ethel Moats, Olive Myers, Gertrude Brewer, Martha McCulloh, J. Frank Losey, Ray Weller and Lloyd Moats. The bride's gown was white crepe de chine trimmed in lace, pearls and net. They will reside with the bride's mother at present.

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